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Bangalore Mirror

TEMP Max 31 | Min 16 | Humidity 38% Clear with periodic clouds Sensex 60,506 | Nifty 17,764 | Gold 57,025 | Silver 67,626 | Dollar 82.70 | Euro 88.97 | GBP 99.68

Desilting of Bellandur Lake comes to a standstill as apartment dwellers, villagers protest against movement of silt-laden lorries

STANDSILT

Police seize lorries after complaint from villagers

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Desilting work at Bellandur Lake has come to a halt. The Bengaluru Development Authority (BDA)-appointed contractor is finding it tough to carry the silt to the designated quarry as residents of Suncity Apartments alongside the residents of Mylasandra and Vittasandra have staged a protest.

The residents of Suncity Apartments objected to lorries loaded with silt passing through the main road; they say they are not able to have a sound sleep at night. It is said the residents of Suncity Apartments want the lorries to carry silt during the day and not at night.

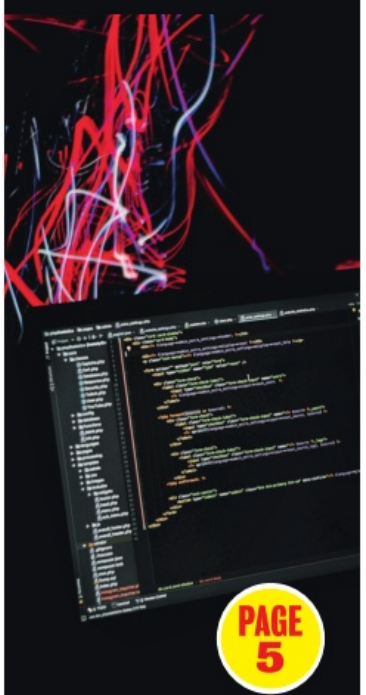
Meanwhile, the residents of Mylasandra and Vittasandra are protesting against lorries passing through the road in their locality. They stopped

CONTINUED ON PAGE 8

"I do not know why villagers are stopping dumping of silt while allowing dumping of garbage – Professor TV Ramachandra

Tech nick

Beware of traffic challan fraudsters



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2 THINGS TO DO

01 Dance, dance, dance

Attakkalari Centre for Movement Arts presents "BODY MATTERS: Move to Transform", a month-long Arts in Education Festival supported by the Department of Tourism, Government of Karnataka. This the first festival of its kind in India that celebrates the important roles dance and movement arts are increasingly playing in the fast-developing innovative education scene in India. Along with artists from India, this month-long festival will feature artists and organisations from Germany, Italy, Spain, South Korea, Canada and Japan.
Where: multiple venues
When: Till Feb 23
Info and passes: 9663590692 (WhatsApp)

02 Be a potter

Channel the inner artist in you by signing up for these pottery-making workshops. You will be taught how to prepare the clay and use different techniques like hand-building, pinch, coil, and slab. Finally, you will be taught to fire the pots. The sessions will be held by Maya, and you can sign up for more than one session.
Where: Lahe Lahe, Indiranagar
When: Feb 7 -12, multiple slots
Tickets: 9886294444

Matters of the head

As many succumb to head injuries, such cases are a matter of 'Public Health Concern', say professors at NIMHANS

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From 2017 - 2022, the National Institute of Mental Health and Neurosciences (NIMHANS) received 76,883 cases of head injury.

Such a huge number from a single centre that receives a number of head trauma injury cases from across the districts of Karnataka, and even the neighbourhood states is a cause for alarm.

The professors from NIMHANS pointed out that the incidents of head injury cases are said to be a "Public Health Concern".

Apart from the fact that head injuries can lead to death, it can also result to many disabilities, which in turn affects the person as he or she will be at a risk of losing their job, not continuing with daily duties as they used to, could lead to psychological and social impact and financial problems.

From 2017 - 2022, over 2 per cent of all the patients with head injury treated at NIMHANS succumbed to severe traumatic brain injury.

In Bengaluru alone, around 150 head injury cases are reported every month, that translates to over 1,800 head injury cases are reported in a year in the city. In a study conducted by NIMHANS in 2019, over 40 per cent of the head injury cases were from Bengaluru Urban and Bengaluru Rural.

Dr Daval Shukla, Professor and Head Department Of Neurosurgery, NIMHANS said, "The large number of head injury cases are due to road traffic injuries. Many people violate the traffic rules, by going in one direction, rash driving, breaking signals, not wearing helmet, using mobile phones while riding, wheeling on roads, not wearing seat belts, drinking and drive. Bad road conditions are another problem. Measures should also be taken care to check the vehicle design and if it is safe for one to use. Apart from the road traffic incidents, other head injury cases are due to falls and physical assault."

In a traumatic head injury, the cases are related to the neurological problem. The patients end up with loss of consciousness, blackouts, loss of memory and can even get convulsions. While for minor head injuries, there is no neurological problem involved. In cases of severe injuries, a person lands in coma.

The mortality records are grim. Dr Shukla said, "Over one-third of patients with severe traumatic injury die. Around one-third of the patients survive. Nearly one-third remain disabled. The numbers reported at our institute that is only from one centre are very alarming. If one looked at numbers from different hospitals across Karnataka, there would be many more such incidents. "

Currently there are only two government hospital who treat head injury cases which include Victoria Hospital and NIMHANS. Many other private hospitals as well see such cases. Since NIMHANS is a big tertiary healthcare sector, many cases are reported here. But more hospitals are required that can take up mild injuries and there should be triage centres set up in every peripheral hospital, he said. At NIMHANS, there are around 120 beds which include general beds, ICU beds, observation beds for the head injury cases and five to six doctors work in two shifts in the trauma centre including two anaesthetists.

Talking about the awareness programmes carried out by NIMHANS, Dr TR Kanmani, Associate Professor, Department of Psychiatric Social Work, Psycho-social Consultant Neurosurgery and Emergency and casualty, said, "NIMHANS carries out awareness programmes for school-children and college students on regular basis. Every year in February, Every year, on March 20, we conduct World Head Injury Day, during which, various awareness programs related to head injury are conducted for public, school and college students."

Dr Kanmani and Dr Gautham GS, additional professors from the Department of Epidemiology, have also initiated a series of awareness programmes for management students in Bengaluru on third Saturday of every month along with NIPM (National Institute of Personal Management).

As part of trauma care, crisis intervention certificate courses are conducted to train professionals to handle the crisis situation which is faced by the caregivers, family members and the survivors. They are trained to address care-givers distress and provide psychosocial first aid along with surgical management in emergency and trauma care.

Precautionary measures to be taken

- Always wear a helmet while riding two-wheelers
- Follow traffic rules
- Avoid distractions -- riders should avoid using their cellphones or other electronic devices.
- Be aware of other vehicles: Riders should be aware of other vehicles on the road, including cars, trucks, and bicycles, and anticipate their movements.
- Avoid riding under the influence of alcohol or drugs.
- Avoid riding in bad weather.
- Learn defensive riding: Being aware of the surroundings, anticipating the actions of other drivers, and knowing how to react in an emergency can help riders stay safe on the road.

In numbers

Year	Head injury cases
2017	13,056
2018	15,116
2019	14,926
2020	11,178
2021	11,696
2022	10,911
Total	76,883

Bangalore Mirror
Despite stringent measures adopted, substandard helmets continue to be sold and worn by two-wheeler riders across Bengaluru
HEADS UP FOR PROPER HELMETS
Cheap ornamental half helmets sold for Rs 80-100 offer no protection

BM's report on Feb 4 reported about substandard helmets still being sold in the city

AQUA QUEEN

With her very rarest of the rare skills of doing Yoga on water popularly Known as **JalaKanya of Karnataka,** an Employee of **Ramaiah Institute of Technology Dr Savitha Rani.M** was awarded as **"AQUA Queen"** and this award was presented by **Hon'ble Governor of Andra Pradesh Sri Biswabhusan Harichandan Sir** in Vijayawada.

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Don't pour concrete over Sankey Tank

Citizens reject 'non-stop construction of pointless structures' in their breathing space

Garima Prasher
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TWEETS @BangaloreMIRROR

The long-drawn-out facelift work at Sankey Tank has irked the residents of the area and walkers alike. Locals say multiple construction and repair work has been going on in the lake area for over three years now and infrastructure facilities that are being added are unnecessary and redundant.

"The work has been going on since the time covid struck. They cut several trees to widen the walking pathways several years back and during the pandemic, they stealthily seem to have also reduced the perimeter of the lake with concrete and metal to make a wider and two-level concrete pathway for walkers and joggers," said a senior citizen and resident of Malleshwaram.

After constructing a sizable security room with grilled windows, unnecessary ramps, an extended walkway, and a massive metal gate being installed at the entrance on the Sadashivanagar side of the lake have left the locals fuming.

Another walker told Bangalore Mirror that by the look of the gate and other activities going on in the lake area, visitors are wondering if they will be charged to enter.

"The previous metal gate and fencing were in good shape and did not need to be changed. All they had to do was repaint it. Now they have created a lobby area with sliding gates. It is completely blocking the view of the lake from the outside," he said.

People come here to meditate, walk, watch birds, and indulge in other recreational activities. Jail-like fencing with hooks is not required in a public space such as Sankey Tank, he explained.

Work has been going on at Sankey Tank since the time covid struck. The perimeter of the lake is said to have been reduced with concrete

> **"People come here to meditate, walk, watch birds and for other recreational activities. Jail-like fencing with hooks is not required in a public place like this** –a walker

Residents added that the lake area, which used to be a senior-friendly and beautiful place to walk, has turned into a concrete jungle after years of renovation work.

"The place looks like a shopping mall and is full of concrete and iron. Are Bengaluru parks going to be privatised? Are they going to charge us for entry?" asked yet another walker at the lake.

Other residents also complained about the addition of a ramp at the entrance. Reportedly, the entrance area was already wheelchair-friendly and steps to climb down to the walkway were unnecessary.

According to another resident of Malleswaram, the entrance leading to the walkway sloped down gradually and there was no issue as far as accessibility was concerned.

"However, two steps were added at the entrance to climb down to the walkway and then back to the gate, creating the need for a ramp. This was unwarranted. The pathways have been revamped umpteen times too," she said.

Further, park users alleged that there is a total lack of transparency on the requirement of the facelift work and fund use.

"The security room that has been created inside the park area is huge and has grills on the window. There is no transparency on the amount of money being used for all the work happening over the past five years. Citizens have been left in the dark," said another walker.

Fixed it. 2 minutes later... Sinkhole

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The residents of Vittal Malya Road complain about the poor quality of work done by the Bruhat Bengaluru Mahanagara Palike (BBMP) authorities in their area. They say this after the sinkhole that appeared on their street was not fixed properly.

The residents say that a few weeks ago, two sinkholes appeared on the road. The BBMP officials were informed about it and they filled the hole. However, the quality of the work done was not good as it soon gave way.

"A few weeks ago, I noticed a hole, which was unlike a pothole. So, I informed the BBMP officials and they took a while to fill it up. However, they did not do the work properly at all. They just filled it up with some stones. After a few days, we noticed another sinkhole of similar size, a little further down the road. They just covered both with just loose stones," said Maria Mammen, a resident of the area.

A few weeks ago two sinkholes appeared on Vittal Malya Road, which were filled with loose gravel

Later, she insisted they come up with a permanent solution like tarring the road, she added.

"They tarred one of the sink holes. However, the tar also sunk in and the hole was back again, so they again covered it with loose stones. But this is not a permanent solution; they are just doing a mandated job," she informed.

Other residents added that the civic body doesn't use good quality materials.

Another resident told Bangalore Mirror that the quality of the work done by the BBMP officials is not up to the mark at all.

"The sinkholes and the potholes keep reappearing because they do not use good quality materials. Ultimately it is the residents who face problems," they said.

Reportedly, not even a year had passed when the sinkhole reappeared. Hence, the residents want better quality of materials to be used.

According to Aditya Jha, another resident, the kinds of patch work that the officials have done on the road are not safe at all.

"The vehicles have a high chance of slipping on the loose stones. Moreover, the loose gravel can hit the vehicles. It is not safe at all. And if nothing is done soon then the sinkhole will keep getting bigger and create more problems," he said.

Meanwhile, a BBMP official told BM that they would tar the road within the next few days.

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Lying wrongly

Kadugodi

Old and removed electrical poles are lying on the platform by the side of Trifecta apartment, opposite Ramdev Medical in Belathur Main Road, Kadugodi. BESCOM should remove these old poles.

Blocked pathways

Vasanth Nagar

Footpath on Crescent Road, ward 93 in Vasanth Nagar has been blocked.

Heaps of dirt

Balaji Layout

Here's garbage collected in front of homes at Balaji Layout. Authorities should clean the area as soon as possible.

Traffic fines: Time to cough up!

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A 50 per cent concession on paying traffic fines may have encouraged many Bengalureans to pay up, but there is still a long way to go as more than 1.8 crore fine cases are pending.

Special Commissioner (Traffic) MA Saleem said, "Based on the February 2 notification, we introduced a 50 per cent concession on traffic fines as a one-time measure till February 11. As a result, many are coming forward voluntarily to pay fines. However, we are yet to receive payments for more than 1.8 crore cases."

According to Saleem, the steep rise in traffic violations has been observed in the last two months. This is not because Bengalureans suddenly started to violate rules but the detection had improved due to installation of high-end cameras which are now detecting the visible violations.

"It is true that we have seen a high number of cases in the last two months as automatic cameras are used to spot violators. We have already issued notices and sent SMSes to such violators," Saleem added. Meanwhile, in the last three days, 10,62,210 cases have been disposed of and a fine amount of Rs 30,96,17,921 has been collected.

Extension of concession?

Many are requesting the traffic police to extend the concession period. Saleem said, "The decision has to be made by the Transport Department. In the next few days, we will provide our feedback on this initiative and the Transport Department will take a call on whether it has to extend this one-time measure," he said adding that the pending fines can be paid either via online or offline method.

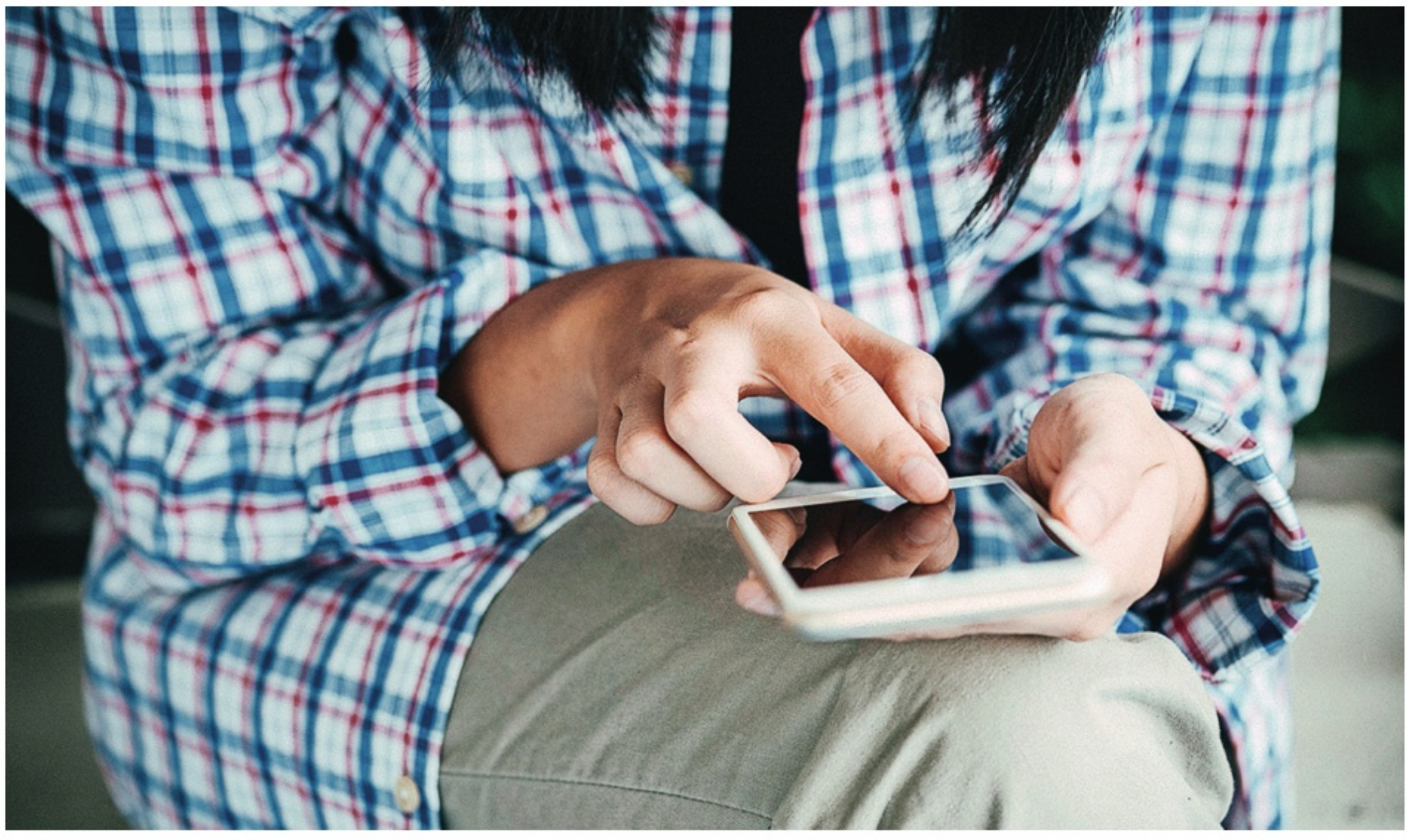
Despite a 50 per cent rebate on traffic fines, cops are yet to receive payment for more than 1.8 crore cases

Even if people want to pay a fine via court, they are free to do as police will provide all the evidence and details. Sunil Kumar, a resident of Yeswanthpur said, "This is the first time that a one-time offer is being provided. However, we feel that the window period is quite less as many in Bengaluru receive salaries after 10th of every month. If the penalty is higher, then we have to wait till our salary. Hence, if the Transport Department can extend the one-time measure, it will be a win-win situation where we can clear our fines and police also can collect the penalty at the earliest."

A senior police official added that

the one-time measure has changed things drastically. Earlier, violators would try to avoid the police. "However, we are now seeing that many of them are coming voluntarily to us to pay fine. I have been getting a lot of queries from people who want to check their vehicle registration numbers to know if there is any penalty pending. This is a good move. But, this should also serve as a warning to people so that they don't violate the traffic rules," he said.

The traffic challan fraudsters



Fake traffic challan links are being sent to people to scam them; cops say check before you pay

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With the increased use of technology and gadgets, cyber-crimes have also been on the rise, especially in Bengaluru, and authorities have been warning citizens about the various frauds and scams taking place online.

Recently, cyber-criminals have adopted a new way to defraud people by messaging traffic challan links to them. Fraudsters are sending messages to the target customers on their mobile numbers, requesting them to pay the fine for traffic violations.

The Bangalore Traffic Police have been warning people about potential scams and have advised being careful while paying any fine through SMS/ online.

"The traffic challan links are being forwarded by the Traffic Management Centre also to the people for them to pay the fines. However, if the citizens find anything suspicious, they can always crosscheck using different methods to check if the link is official or a scam. All the links being circulated from our end are dynamically generated and will all lead to the Bengaluru Traffic Police website only," Kuldeep Kumar R Jain, Deputy Commissioner of Police (Traffic), West Division told Bangalore Mirror.

Authorities say that before paying any traffic fine, people must crosscheck with the help of official sources.

"So, we advise people to crosscheck the details carefully before paying anything online. They can check online, put in their vehicle registration number, and see if the fine is there and if the shown amount is the same as the SMS... If there are still any doubts, the people can visit their nearest Traffic Police Station and they would guide accordingly," the DCP added.

After the person clicks on the link to pay, fraudsters can hack into the phone, access personal information and withdraw money

As per the complaints, the fraudsters seem to be using an SMS-spoofing technique, whereby the message seems to have come from a genuine source and while verifying it online, the caller's name mostly appears as "City Control Room" or "E-Challan Recovery", making it harder for the people to differentiate.

If any person clicks on the link for making a payment, immediately after the person enters their bank details, the fraudster can hack the victim's mobile and withdraw money from the victim's bank account.

Authorities have advised ensuring that it is a genuine source before making any payment and never putting sensitive information like card number, OTP, password, and any other bank account details on unverified links.

Bengaluru has been the city with the highest number of cyber-crimes recorded in India. As per the recent NCRB data, the city had the most number of cybercrime cases among the 19 metropolitan cities with 6,423 cases recorded in 2021 which amounts to 37.5 per cent of the total cases recorded in all 19 metropolitan cities.

IN BRIEF

MLA's car rams into people

An SUV on Monday lost control and ran over two persons killing them and leaving four more injured. The series of accidents took place near Police Park on Nrupathunga Road.

According to the police, the car belongs to BJP MLA Hartalu Halappa and is registered in the name of his in-laws.

Majeed Khan, a 36-year-old auto parts dealer from HBR Layout, and Ayyappa, a 60-year-old parking lot manager from KG Hall, are the deceased.

"The driver was going to the KIMS Hospital because the MLA's daughter studies there. A case has been registered for negligence of driving," DCP east traffic, told BM. The injured have been identified as Riyaz Pasha, Mohammed K. Riyaz, Mohammed Saleem, and Sher. The injured are being treated in a private hospital.

A case has been registered with Halasuru Gate Traffic Police Station

Labourer dies on tree

A labourer who was employed to pluck coconuts suddenly suffered a heart attack and died on a tree in Kengeri police station limits. The victim has been identified as Narayanappa, 55.

Narayanappa used to climb coconut trees and pluck coconuts. There are coconut trees in the premises of the Venkataramana temple in Mylasandra and he was called on Monday to pluck the coconuts.

Narayanappa, who was on the coconut tree at around 7.30 in the morning, did not respond after a while. People were worried and informed the fire brigade. The firemen who reached the spot also started operations but could not bring Narayanappa down. His body was finally lowered down by a crane, police said.

Preliminary investigation revealed that the victim died of a sudden heart attack after sitting on a tree. Post-mortem was conducted and the dead body was handed over to the family members. A senior police officer said that a case of natural death has been registered after recording the statement of his children.

—Ahna Prakash

Heart-melting reunion

5-year-old girl and father help bring dog that was dragged around 70 km away from its pups back home

| Sridhar.Vivan
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TWEETS @sridharVMIRROR

Sanvi Rai, a resident of Balapa forest quarters, made sure that the dog was united with its pups

Recently, a stray dog was stuck in a car bumper and travelled for 70 kilometre. For no fault of the car driver or the canine, the dog was relocated. However, back home, three puppies had refused to be fed as their mother was missing. Now, thanks to the efforts of a five-year-old girl and her father, the dog is reunited with puppies.

During a return trip from Subramanya Temple, a car driver had a collision with a stray dog at Balapa, Dakshina Kannada district. However, the car driver could not spot any stray around and hence, he went back to his native of Kabaka, where he was shocked to see that the dog was actually stuck in a bumper. With the help of a mechanic the dog was released. However, the stray had nowhere to go as it was in an 'alien' place.

Back home in Balapa, the three puppies were orphaned. Five-year-old Sanvi Rai, a resident of Balapa forest quarters was upset as she could not find her favourite dog.

For the last many years, Sanvi was regularly feeding the stray. On Saturday last, she saw a news report showing the dog in the bumper. She immediately identified that the dog, which was in the video, was none other than the one she used to feed regularly. She alerted her father and pleaded if he could find it for her.

"I went around in search of many hotels and finally found one near one of the hotels. Thankfully, the dog recognised me and was ready to come with me

However, finding the stray was not an easy job. As the stray dog was ferocious, the car driver had left it on the street.

According to Santosh Rai K, Sanvi's father, when he saw the video on a social media site, he shared his phone number in the comments section asking people to alert him if they spotted the dog.

"A day later, a person working in a garment shop sent me a video stating that the dog was in the neighbourhood. I was a bit puzzled as the car driver had left the dog at Kabaka while the dog was now at Puttur which was around seven kilometres away," he said.

"So, I left for Puttur shop. However, the dog was nowhere to be found. Then I realised that the dog may be near any of the hotels as it should be fed regularly. I went around in search of many hotels and finally found one near one of the hotels. Thankfully, the dog recognised me and was ready to come with me," he added.

He and others had taken a rope and then brought the dog back to the quarters. The puppies, which were missing their mother, were quite eager for the reunion. In fact, his daughter who encouraged him to find the dog was also very happy, he explained.

BBMP washes its hands off stray deaths

The Animal Husbandry department of Bruhat Bengaluru Mahanagara Palike (BBMP) has refuted reports that 85 stray dogs had died in south Bengaluru due to medical negligence.

In a police complaint filed on Saturday by Nevina Kamath, an animal welfare worker, it was alleged that at least 85 dogs have died after the Animal Birth Control (ABC) surgery, as they had not received vaccinations required to protect them from certain viruses. In the complaint, Kamath blamed a doctor from the animal husbandry department for cruelty and negligence.

According to Dr KP Ravikumar, joint director at BBMP's Animal Husbandry department, the complaint filed by the activist is untrue. "None of the deaths were reported to the zonal animal husbandry officer or the joint director of BBMP. In the event of the death of any animal, it is mandatory to conduct a post-mortem to establish the cause of the death. However, none of that was followed before filing the complaint," said Dr Ravikumar.

The notice issued by the civic body also clarified that while the BBMP as a local body is under a mandate to control the stray dog population, it is to catch stray dogs for sterilisation and anti-rabies vaccination only. The birth control program is outsourced to an organisation Sarvodaya Sevabhavi Samsthe, which is responsible for carrying out ABC in the south zone. "The mandate is to carry out only ABC and immunise the dog with anti-rabies vaccination..." read the notice.

However, when BM reached out to Kamath, she said, "Canine Distemper and leptospirosis cases among stray dogs are at peaks right now. While BBMP claims they are supposed to administer only anti-rabies, the ABC rule 2001 mentions 'complete immunisation'..."

But Dr Ravikumar said some strays have low immunity levels and thus chances of picking up any infection including canine distemper is high among them. **BMB**

108 Namma Clinics will finally kick off today

| Bangalore Mirror Bureau
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TWEETS @BangaloreMIRROR

Each Namma Clinic is expected to provide primary healthcare to around 15,000-20,000 patients in urban areas

Over 108 Namma Clinics will be inaugurated in Bengaluru by Bruhat Bengaluru Mahanagara Palike (BBMP) on Tuesday. Each Namma Clinic will cater around 15,000-20,000 people to provide comprehensive and universal healthcare in urban areas.

Chief Minister Basvaraj Bommai will inaugurate the Mahalakshmipuram ward of Mahalakshmi Layout and the remaining 107 Namma Clinics will be inaugurated simultaneously. All these clinics will be functional and open to the public from Tuesday.

Health Minister Dr K Sudhakar said, "Namma Clinics are providing comprehensive primary healthcare to poor, vulnerable and underprivileged sections in the urban areas. A total of 438 Namma Clinics are being launched and these will aid in ensuring quality preventive and primary care for daily wagers, labourers, etc."

Under the National Urban Health Mission, at present there is one primary health centre for every 50,000 population. Now under the grants of 15th Finance Commission the government is establishing one primary health centre to cater 15,000-20,000 population in urban areas. Out of the 438 Namma Clinics, 243 will be in BBMP and the rest 195 will be in districts, he added.

In the clinics, referral facilities will also be available and patients requiring higher treatment will be referred to secondary and tertiary centres. This will not only reduce the cost of treatment but will also decentralise the healthcare services.

"Each Namma Clinic will have one doctor, one nursing staff, one lab technician and one D-group worker," he explained.

A total of 12 healthcare service packages will be available, including antenatal, postnatal care, adolescent care, immunisation, family planning, fertility, communicable diseases management, general and minor injuries, preventive care for non-communicable disease (NCR), oral care, eye care, ENT, mental health, geriatric care and laboratory services.

There will also be tele-consultation, wellness activities like yoga and referral services.

The Namma Clinics will open from 9 am to 4:30 pm from Monday to Saturday. Each clinic is set up in a 1000sq ft area with separate space for waiting area, OPD consultation room, immunisation ward, laboratory, yoga room, medicines counter, administrative section and it will also have separate toilet facilities for men, women and staff.

HEALTH TIP: Plant sources of protein are also good including nuts, seeds, pulses, beans, soya products, cereal and dairy alternatives such as soya and almond milk

Good animal sources of protein are meat, fish, eggs and dairy products

BangaloreMirror | 7
Tuesday, February 7, 2023
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The wonderful resin

15 uses and benefits of frankincense essential oil

Frankincense essential oil is usually known as the "king of essential oils" because of its various benefits and versatility of use. Here are some of its uses and benefits outlined by Chandni Goyal, Head of Training, International Brands, House of Beauty:

Anti-aging properties
Frankincense is a powerful antioxidant which is why it has anti-aging properties. Antioxidants help to combat free radicals, which are highly reactive molecules with unpaired electrons. As the free radicals move around the body, looking for an electron to pair with, they can damage DNA, which accelerates the aging process. Also, antioxidants help to slow down and halt the damage caused by free radicals. This helps with the rejuvenation of the skin.

Balancing and moisturising
Frankincense oil has become a popular ingredient in skincare, products such as lotion or moisturizers. Frankincense oil has moisturizing properties, which keep the skin from drying out. It also helps to tackle discoloration and redness which helps the skin tone look balanced and even.

Anti-inflammatory
Frankincense helps in soothing the skin and reducing inflammation, which is great for managing acne.

Anti-bacterial
The Boswellia acids in frankincense help kill acne-causing bacteria that further prevents breakouts.

Antiseptic
Frankincense is also antiseptic. The oil has been used for centuries for cleaning, disinfectant, aromatherapy, and general health. This can help prevent infections from setting in.

Healing
Frankincense oil is a natural astringent. It helps heal skin imperfections and conditions like acne and wounds. Because of its healing properties, it also helps in reducing the appearance of stretch marks and scars.

Prevents clogged pores
It helps prevent clogged pores, and spots, by reducing sebum production in individuals with oily skin.

Protects the skin
This essential oil is popular in skincare as a deep moisturizer which helps protect the skin from damage caused by dryness. It keeps skin cells strong, and plump and maintains elasticity.

Healthy hair maintenance
Frankincense oil is not just popular in skincare products but in hair care too. The oil can help keep hair shiny and moisturized and at the same time can even prevent dandruff. It helps in preventing the scalp from getting dry and flaky. It can also soothe the hair follicles which further helps in facilitating hair growth.

Soothing and calming razor bumps
Frankincense essential oil if applied after the razor can greatly help skin feel and look rejuvenated and avoid any razor bumps.

Cure dryness on hands
Frankincense can help whenever your hands are feeling or looking unmoisturised or marred by harsh weather, a couple of drops of Frankincense oil when added to any moisturizer of your choice can help to hydrate and rejuvenate. The scent of this essential oil combined with your moisturizer will add a warm, spicy, and clean scent to your skin. You'll want to take this lotion with you wherever you go.

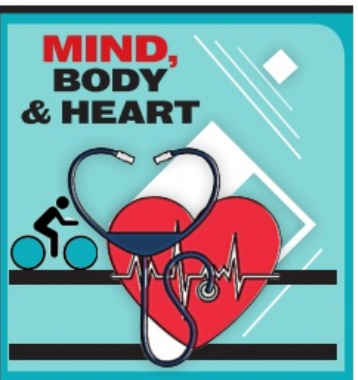
Promotes healthy nails
Likewise, apply a few drops of frankincense essential oils to your nails and massage them, it will help to maintain healthy-looking nails that are strong and well-nourished around the cuticles and edges.

Relieve stress
Frankincense essential oil is also known for relieving stress. It is a very powerful sedative in nature. As a result, it can help you feel at peace and relax, even if it is generally difficult for you to do so. It helps awaken your insight, making you more introspective, and it can also help with feelings of anxiety, depression, anger, and stress. It helps to regulate your blood pressure making you feel calm and happy.

Regulate menstruation
Frankincense essential oil can help you reduce obstructed or delayed menstruation, and can also delay the onset of menopause. It is also great for women with regular periods because it can help combat all the signs and symptoms of PMS such as headaches, nausea, cramps, mood swing, and so on.

Good for digestive and respiratory systems
Frankincense essential oil encourages the release of gastric juices and bile, which help break down food at a faster rate, thereby making it move across the digestive tract quickly. Frankincense essential oil is known for reducing respiratory problems as well. It can soothe a persistent cough and clears up any excess congestion that's built in your respiratory tracts, allowing for easier breathing.

—IANS



All you need to know about...

Lactose intolerance

What is it?
Lactose intolerance is not an allergy so there's no need to exclude dairy, and symptoms such as abdominal pain can be prevented by eating smaller portions of foods that contain lactose, a sugar found in dairy products.

What causes it?
Lactose intolerance arises when the body doesn't make enough of an enzyme called lactase, which digests lactose. It can start at any age and can also be caused by inflammatory bowel disease and coeliac disease, bowel infections and bowel surgery.

What are the symptoms?
Symptoms of lactose intolerance can start a few minutes or a few hours after consuming food or drink containing lactose. They include abdominal pain or discomfort, bloating, wind, diarrhoea or constipation, feeling sick or being sick. You may also have longer lasting symptoms including eczema, headaches, joint pain, feeling tired and finding it hard to concentrate.

Which foods contain lactose?
Lactose is found in foods containing animal milk (dairy products), and includes milk from cows, sheep and goats. Many processed foods may contain lactose such as cereals, baked foods like bread, crackers, cakes, biscuits, pastries, sauces and salad dressings, and diet and protein shakes.

What's the treatment?
Symptoms can be prevented by lessening your intake of food containing lactose, or avoiding them.
For some people, taking a lactase supplement before consuming lactose may reduce or prevent symptoms.
In people where lactose intolerance is caused by another health condition, such as coeliac disease, treating the underlying cause should help.

—Dr Miriam Stoppard, Daily Mirror

MIRRORLIGHTS

Everyday tips for healthy gums

Are bleeding gums coming in the way if you brushing your teeth well? Does the sensitivity in your teeth prevent you eating your favourite ice cream? Are you not smiling because you are conscious of your swollen gums? Dentist Kshama Chandan, founder of House of Tooth in Mumbai shares everyday tips for your gums.

Healthy gums are pink, and firm, do not bleed and fit snugly around your teeth. Your lifestyle can greatly impact your gum health which includes your- diet, age, and oral care. How do you know if your gums are healthy? "If your gums are sensitive, swollen, red, or bleeding, these are an indication that your gums are not healthy," says Chandan.

Here are some tips

Brush your teeth properly: Brush your teeth at least twice a day using a medium-soft toothbrush, and use fluoridated toothpaste.

Change your toothbrush every few months: Change your toothbrush if the bristles start fraying. Hold the toothbrush at a 45-degree angle to the gums while brushing -- Do not scrub your

teeth, instead use short strokes.

Floss daily: Flossing every day helps to loosen the food that gets stuck between your teeth. It also helps to remove plaque from areas that are hard for the brush to reach. If the food and plaque stay in this area for a long time, this leads to tartar hard build-up of bacteria. You can schedule an appointment with your dentist to get rid of this stubborn layer.

Quit smoking: Smoking and other tobacco products like paan, gutka, etc. lead to gum disease. Tobacco also limits blood flow which makes it hard for a wound to heal quickly.

Look what you're eating: Food items that are high in sugar content are more likely to cause cavities in the teeth. Whereas healthy vegetables and proteins are good for your oral health. — IANS

Bengaluru celebrates as Ricky Kej brings home his third Grammy

Bengaluru is celebrating the success of Ricky Kej, who won the prestigious international music award for the third time.

"Just won my third Grammy award. Extremely grateful, I am speechless! I dedicate this award to India," Ricky Kej stated after winning the laurel. Kiran Majumadar-Shaw, Biocon founder congratulated: "Grammys 2023; Ricky Kej, Bengaluru-based composer, wins third Grammy - Congrats Ricky Kej - you really make us proud!"

Former Director of Infosys and Padma Shri awardee T.V. Mohandas Pai stated: "India's Ricky Kej wins third Grammy: Speechless, extremely grateful. Congrats to Ricky Kej. Very proud of you."

Famous Lahari Music company from Karnataka stated: "Its Grammy #3 for Ricky Kej. You are the gem of our Indian music industry. Congratulations on your third Grammy award. You totally deserved it."

Bengaluru South MP Tejasvi Surya stated that Ricky Kej has made India proud again. "Congratulations, Ricky. So proud that you are our very own Bengaluru South Boy." Union Minister of State for Agriculture and Farmers' Welfare Shobha Karandlaje stated: "Congratulations to Ricky Kej Ji on winning his 3rd Grammy. His exceptional talent, creativity and dedication to music have earned him this well-deserved recognition. Proud to see him represent India's rich cultural heritage on the global stage. A tru achievement."

Music composer and producer Ricky Kej (L) with musical artist Herbert Waltl (C) as he bags the Grammy for the album 'Divine Tides'

Karnataka Minister for Large and Medium Industries Murugesh R. Nirani stated: "Congratulations to Ricky Kej on winning 3rd Grammy award. A true patriot who has dedicated his award to India. He is brought up in Bengaluru and based in the city which makes his achievements even more special. Keep creating history, keep making us proud."

–IANS

India Energy Week

Prime Minister Narendra Modi at the India Energy Week 2023, in Bengaluru, on Monday. Union Minister of Housing and Urban Affairs Hardeep Singh Puri , Karnataka Governor Thaawarchand Gehlot also present

Silt on it

Lorries carrying silt from Bellandur Lake were stopped at Vittasandra

CONTINUED FROM PAGE 1

lorries dumping silt from Bellandur Lake in a quarry near Vittasandra on January 30.

It is said, Electronics City police have seized two lorries based on a complaint lodged by the villagers. As on January 31, only 40% of desilting work at Bellandur Lake was completed; the target is to complete 60% of desilting work by end of February and complete the entire desilting work by May, 2023.

The National Green Tribunal (NGT) had identified quarries to deposit the silt at Mylasandra and Vittasandra in Bengaluru South.

The villagers are protesting the dumping of silt in the quarry as the roads are becoming non-motorable with heavy traffic of lorries. It is alleged that the local MLA (Bengaluru South) M Krishnappa has extended support to the villagers to continue the protest.

With no other option, a BDA engineer has approached the farmers to allow dumping silt in their fields to be used as manure. "As of now, no farmer is willing to allow us to dump the silt on their agriculture fields," said the BDA engineer.

Around 80% desilting of Varthur Lake is completed as farmers cooperated with the BDA engineer by allowing dumping silt on their agricultural lands. "I can make arrangements to dump the silt from Bellandur Lake if the traffic police make arrangements or allow the lorries to ply on the road from Bellandur to Varthur," said Jagadeesh Reddy of Varthur Rising.

Reddy said that it is the responsibility of people to cooperate to complete desilting and rejuvenation of Bellandur and Varthur Lakes. "It is not justifiable to protest against dumping of silt in an open quarry," he said.

Professor TV Ramachandra, a former member of National Green Tribunal (NGT) monitoring committee, said that people protesting, stopping dumping of silt or supporting the agitators would be held responsible for the delay of desilting Bellandur and Varthur lakes.

"I will inform the NGT about stopping and seizing lorries if the dumping of silt at the quarry near Vittasandra is not allowed. I do not know why the villagers are stopping the dumping of silt while allowing the dumping of garbage," the professor said.

Bengaluru South MLA Krishnappa was not available for comment.

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personal

CHANGE OF NAME

I, NAZIYA ALI ASGAR GHEEWALA, W/o, Ali Asgar Gheewala and Residing at Flat No.303, 3rd Floor, Prestige Botanique, 1st Cross, R V Road, Upparahalli, Mavalli, Bangalore 560004 have changed my name to NAZIYA GHEEWALA vide Affidavit dated 01.02.2023 sworn before notary B V Nagabhushana, Blr.

I, ALI ASGAR, S/o, Anis Taher Bhai Gheewala and Residing at Flat No.303, 3rd Floor, Prestige Botanique, 1st Cross, R V Road, Upparahalli, Mavalli, Bangalore 560004 have changed my name to ALI ASGAR GHEEWALA vide Affidavit dated 01.02.2023 sworn before notary B V Nagabhushana, Blr.

I, Rajesha Handenahalli Mariswamy R/o Annapoorneshwari nilaya, 24th cross, V.V layout, Kallahalli, Mandya 571401 have changed my name to Rajesh Handenahalli Mariswamy affidavit Dt.06/02/2023 notary Ganesh Gowda M.V, B'luru

I, Prajwala Kumar Ijari E S/o Kalappa Ejari, R/o 150, 35th Crs, 2 Blk, Jooganahalli, Rajajinagar, B'luru-560010 have changed my name to Prajwal Ijari Affidavit Dt.06/02/2023 notary Ganesh Gowda M.V, B'luru

I, Rajee Kishore Sampath W/o Kishore Sampath R/o A 201, Purva Belmont Apt, Kanaka - pua Road, Jaraganahalli, JP Nagar, 6th phase, B'lore 560078 have changed my name to Rajee Kishore for all purposes

I, Mohamed Hayath R/o #401 A R Extension Hosakote Banglore Rural-562114 have changed my minor son name from Hayath Shabeer Ahmed to Mohammed Shabbir Ahmed for all purposes

I, Jeeva George W/O, George Morankal Sebastian R/o 726 Gr Homes Ist Cross Meenakshi Layout Rayasandra Bangalore 560099 have changed my name to Jeeva Jose for all purposes.

I Mahesh S/O, Madivalappa Sajjan R/o S/o Madivalappa Sajjan, Bekinal Village, Bekinal Post, Vijayapura-586118 have changed my name to Mahesh Sajjan

I Sangeeta Dhotri, R/o A-803, Ramanajyothi Apartment, Tumkur Road, Yeshwanthpur, Bangalore-560022 have changed my minor son name from Siddharth to Siddharth Dhotri.

Devastation in Turkey, Syria

Buildings toppled, hundreds trapped, over 2,300 killed

Rresidents jolted out of sleep rushed outside on a cold, rainy and snowy night; search ops on

#AZMARIN, SYRIA

A powerful 7.8 magnitude earthquake rocked wide swaths of Turkey and Syria early Monday, toppling hundreds of buildings and killing more than 2,300 people. Hundreds were still believed to be trapped under rubble, and the toll was expected to rise as rescue workers searched mounds of wreckage in cities and towns across the area.

On both sides of the border, residents jolted out of sleep as the pre-dawn quake rushed outside on a cold, rainy and snowy night. Buildings were reduced to piles of pancaked floors, and major aftershocks or new quakes, including one nearly as strong as the first, continued to rattle the region.

Rescue workers and residents in multiple cities searched for survivors, working through tangles of metal and concrete. A hospital in Turkey collapsed, and patients, including newborns, were evacuated from facilities in Syria.

In the Turkish city of Adana, one resident said three buildings near his home were toppled. "I don't have the strength anymore," one survivor could be heard calling out from beneath the rubble as rescue workers tried to reach him, said the resident, journalism student Muhammet Fatih Yavuz.

"Because the debris removal efforts are continuing in many buildings in the earthquake zone, we do not know how high the number of dead and injured will rise," Turkish President Recep Tayyip Erdogan said. "Hopefully, we will leave these disastrous days behind us in unity and solidarity as a country and a nation."

The quake, which was centered on Turkey's southeastern province of Kahramanmaras, was felt as far away as Cairo. It sent residents of Damascus rushing into the street, and jolted awake people in their beds in Beirut.

It struck a region that has been shaped on both sides of the border by more than a decade of civil war in Syria. On the Syrian side, the swath affected is divided between government-held territory and the country's last opposition-held enclave, which is surrounded by Russian-backed government forces. Turkey, meanwhile, is home to millions of refugees from that conflict.

The opposition-held regions in Syria are packed with some 4 million people displaced from other parts of the country by the fighting. Many of them live in buildings that are already wrecked from past bombardments. Hundreds of families remained trapped in rubble, the opposition emergency organization, called the White Helmets, said in a statement. Strained health facilities and hospitals were quickly filled with injured, rescue workers said. Others had to be emptied, including a maternity hospital, according to the SAMS medical organization.

The region sits on top of major fault lines and is frequently shaken by earthquakes. Some 18,000 were killed in simi larly powerful earthquakes that hit northwest Turkey in 1999.

The US Geological Survey measured Monday's quake at 7.8. Hours later, a 7.5 magnitude one struck more than 100 kilometers (60 miles) away. An official from Turkey's disaster management agency said it was a new earthquake, not an aftershock, though its effects were not immediately clear. Hundreds of aftershocks were expected after the two temblors, Orhan Tatar told reporters.

Thousands of buildings were reported collapsed in a wide area extending from Syria's cities of Aleppo and Hama to Turkey's Diyarbakir, more than 330 kilometers (200 miles) to the northeast. A hospital collapsed in the Mediterranean coastal city of Iskenderun, but casualties were not immediately known, Turkey's vice president, Fuat Oktay, said.

Televisions stations in Turkey aired screens split into four or five, showing live coverage from rescue efforts in the worst-hit provinces. In the city of Kahramanmaras, rescuers pulled two children alive from the rubble, and one could be seen lying on a stretcher on the snowy ground.

Offers of help — from search-and-rescue teams to medical supplies and money — poured in from dozens of countries, as well as the European Union and NATO.

In Turkey, people trying to leave the quake-stricken regions caused traffic jams, hampering efforts of emergency teams trying to reach the affected areas. Authorities urged residents not to take to the roads. Mosques around the region were opened to provide shelter for people unable to return to damaged homes. **AP**

A man stands in front of collapsed buildings in Kahramanmaras, Turkey

A baby is rescued from a destroyed building in Malatya, Turkey

> **Because debris removal efforts are continuing, we do not know how high the number of dead and injured will rise**
>
> —Recep Tayyip Erdogan, Turkish President

3 earthquakes already

Three earthquakes rocked Turkey on Monday as the country is still assessing the number of casualties and the damage.

The third earthquake of magnitude 6.0 on the Richter scale hit Goksun, Turkey on Monday, the United States Geological Survey (USGS) reported.

Goksun is a town and district of Kahramanmaras Province in Turkey's Mediterranean region.

The earthquake occurred at 12:02:11(UTC) and hit 5 km North East (NE) of Goksun, Turkey on Monday at a depth of 10 km, USGS stated.

The earthquake's epicenter was located at 38.061°N and 36.537°E, respectively.

The recent earthquake is the third to hit Turkey on Monday.

Earlier, a 7.5 magnitude earthquake hit Turkey just hours after a massive earthquake of magnitude 7.8 on the Richter scale hit 26 km East of Turkey's Nurdagi on Monday.

ANI

Why was it so bad?

#LONDON

The magnitude 7.8 earthquake that struck Turkey and Syria on Monday is likely to be one of the deadliest this decade, seismologists said, with a more than 100 km (62 miles) rupture between the Anatolian and Arabian plates. Here is what scientists said happened:

WHERE DID IT ORIGINATE?

The epicentre was about 26 km east of the Turkish city of Nurdagi at a depth of about 18 km on the East Anatolian Fault. The quake radiated towards the northeast, bringing devastation to central Turkey and Syria.

During the 20th century, the East Anatolian Fault yielded little major seismic activity. Only three earthquakes have registered above 6.0 on the Richter Scale since 1970 in the area, according to the U.S. Geological Survey. But in 1822, a 7.0 quake hit the region, killing an estimated 20,000 people.

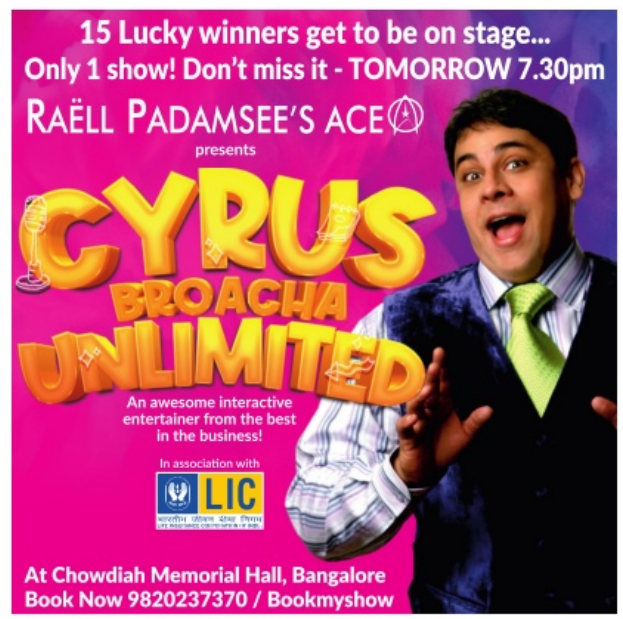
HOW BAD WAS THIS QUAKE?

On average, there are fewer than 20 quakes over 7.0 magnitude in any year, making Monday's event severe. Compared with the 6.2 earthquake that hit central Italy in 2016 and killed some 300 people, the Turkey-Syria earthquake released 250 times as much energy, according to Joanna Faure Walker, head of the University College London Institute for Risk and Disaster Reduction. Only two of the deadliest earthquakes from 2013 to 2022 were of the same magnitude as Monday's quake.

WHY WAS IT SO SEVERE?

The East Anatolian Fault is a strike-slip fault. In those, solid rock plates are pushing up against each other across a vertical fault line, building stress until one slips in a horizontal motion, releasing a tremendous amount of strain that can trigger an earthquake.

— Reuters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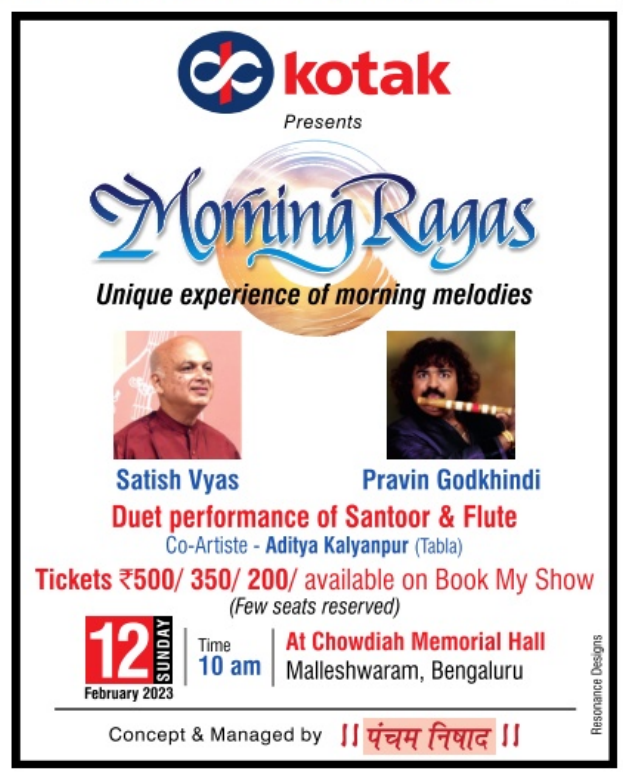

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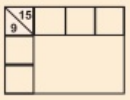
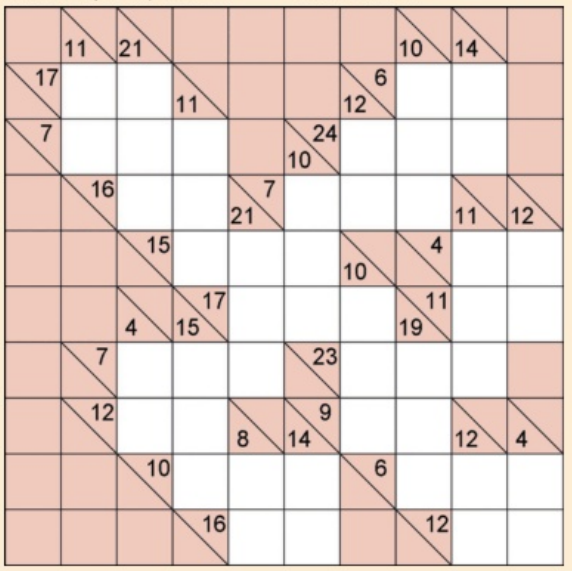
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

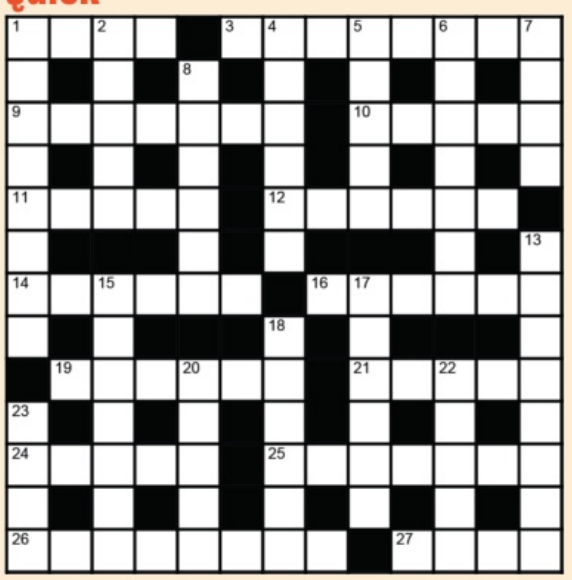


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 ___ away : smoke incessantly, in a way? (4)
3 Spurting or squirting? (8)
9 Got to, accessed or attained, in a way? (7)
10 Point in dispute (5)
11 British noblemen (5)
12 Leguminous plant (6)
14 Autographed (6)
16 Bruce Lee's forte? (4,2)
19 Glossy coating (6)
21 Farewell (5)
24 Woodwind instruments (5)
25 Starts a new paragraph (7)
26 Shift, move or displace (8)
27 Curves (4)

DOWN

1 Wrong-headed (8)
2 Natural ability (5)
4 Pool of rainwater (6)
5 A group of organised workers, in a way? (5)
6 Publishing (7)
7 Departs (4)
8 Innocent (6)
13 Remains alive, as on food (8)
15 Venetian barge (7)
17 Its capital is Kampala (6)
18 Drain or floodgate (6)
20 Hebrew prophet (5)
22 Internal (5)
23 Popular pub in Indira Nagar (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: E EQUALS G

X'Q GJ XHUGMXLW. X HDJ'W ZJDN NRUAU X'Q EDXJE, CSW X'Q DJ QT NGT.

Linemaro

Don't walk into that building, the sprinklers might just go off

Mindchow

Instead of thinking outside the box,just get rid of it

Joke of the day

The recipe said "set the oven to 180 degrees". I did, but now I can't open it because the door faces the wall

Loop

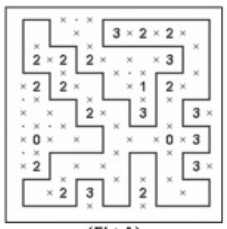
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

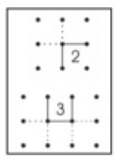
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

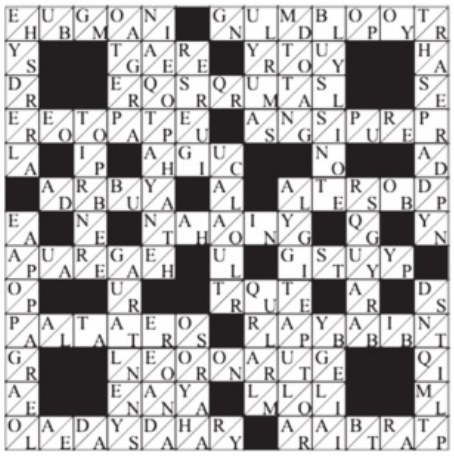


(Fig A)



(Fig B) Not Allowed

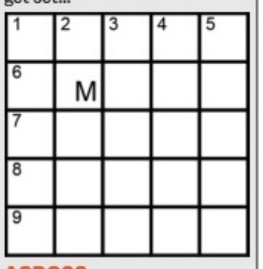
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

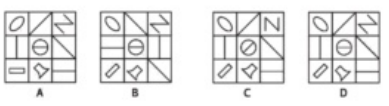
1 Rotas; 6 Me EEC; 7 Siren; 8 Gaits; 9 Sawed

DOWN

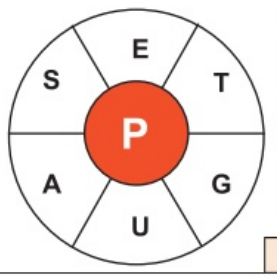
1 Wears; 2 O Mage; 3 Daric; 4 I sees; 5 Netts

Mensapuzzle

What comes next?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; **14** Good; **16** Outstanding

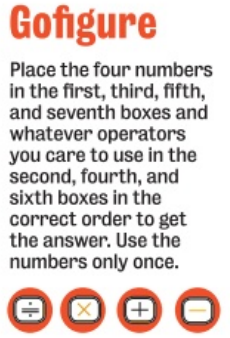
SudokuChallenge

	9	8					2	3
7		4		2			5	
		1		7	3			
		2	8	9			3	
	8			6	4	5		
			4	5		3		
	5			3		9		7
3	2					4	1	

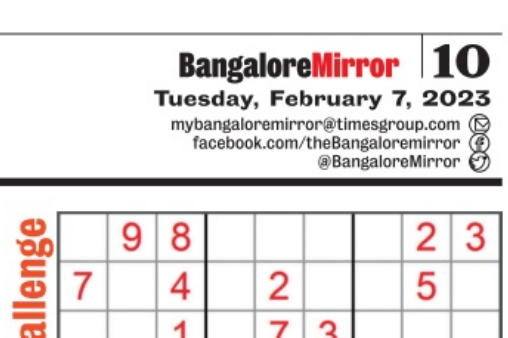
To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

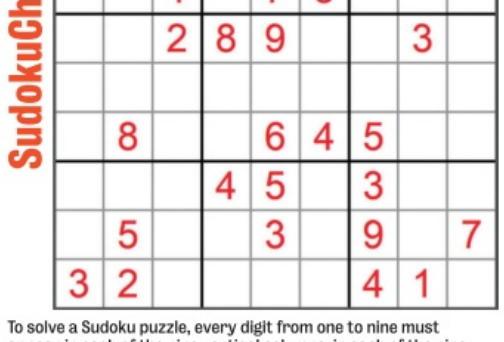
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus



Find at least six differences in details between panels.



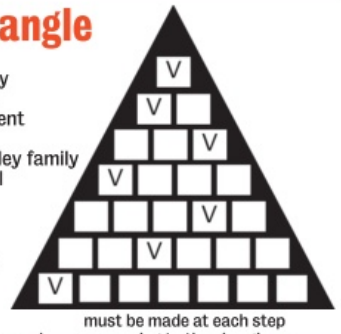
Differences: 1. Leg is raised. 2. Ball is moved. 3. Stripe on sleeve is higher. 4. Cap is different. 5. Boy's head is tilted downward. 6. Number on shirt is missing.

Riddler

Find an anagram for each word in Group A. Each anagram will answer one of the clues in Group B.
Group A 1. Optic, 2. Civet, 3. Toner, 4. Rosin, 5. Lease
Group B 1. Painter's stand, 2. Singing voice, 3. Golf clubs, 4. Subject, 5. Throw out

Alpha triangle

1 Volt
2 May 8, 1945: _ Day
3 Bk. after Exodus
4 Short-tailed rodent
5 Mitt
6 Herb of the parsley family
7 Electric potential difference



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

HAVE A SEAT... THE MEDICINE MAN WILL BE WITH YOU SHORTLY
HA! I'LL BET I SIT HERE FOR HOURS LIKE I USUALLY DO!
NO... HE'S ONLY PLAYING THE BACK NINE TODAY
11-21

Bizarrotrip

Diamond Lil

Hart of the city

HONK SHOO HONK SHOO
MOM!
HEART!
WHAT ARE YOU DOING UP? IT'S 6 A.M.!
THE CHIPPY CHIP COMMERCIAL SHOOT IS TODAY! EARLY BIRD GETS THE WORM!
UUUGGHHH, BUT I HATE WORMS!

Crankshaft

HERE ARE SOME CHRISTMAS COOKIES FOR ALL OF YOU!
ENJOY THE SEASON!
SO WHAT'S IT GOING TO BE? CHRISTMAS COOKIES OR ENJOY THE SEASON?

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may plan to renovate your house. You may buy some artifacts or creative stuff, which will improve your social status. You may also invest in properties and other assets. You are likely to enjoy your romantic moments with your spouse, which will increase your emotional relationship with them. Singles may find a soul mate.

Taurus Apr 21 – May 20
Today you may feel happy. Chronic health issues related to family members can not be cured. Money that was stuck, may be recovered now, which may increase liquidity in the business. People who are in a job may get some incentives, which will improve your financial health. Job seekers may get a job with the help of any relative or friend's reference.

Gemini May 21 – Jun 21
Today is important for domestic life. You may be busy with kids. You may hear some good news in terms of kids' education. You may buy some creative stuff for home or office to maintain your social status. You are advised to use wisdom while buying any household stuff or jewellery.

Cancer Jun 22 – July 23
Today you may be impatient, which may reflect into your way of working. There may be some silly mistakes, which may stop you from completing your task. Investments in fixed assets are advised to postpone for some days. But with the help of an elder's blessings, you may overcome the messy situation. In the evening, you may be focused towards your work.

Leo Jul 24 – Aug 23
Today you are blessed by the moon, your destiny is likely to be with you. Today you may be more energetic and focused on your work. Your hard work may pay you in terms of success. Your subordinates may help you. You are likely to go for short work related travel. Some good news may come from your sibling. You may plan to renovate your house or office where your creativity will be tested.

Virgo Aug 24 – Sep 23
Today you may be able to control your expenditure on worthless things, which may increase your savings. You may be more creative today, you may use your creativity in your office or at home, which may enhance your social status. Love birds are likely to get some support from their family members and friends for marriage.

Libra Sep 24 – Oct 22
Today messy situations are now under control, you may feel peace in the mind. You may be able to make a proper balance in expenditure and earnings, which may increase savings. You are advised to avoid too much travelling or overworking, it may affect your health. Students can start planning for their higher studies. Love birds may enjoy their happy moments.

Scorpio Oct 23 – Nov 22
Today you may face health issues, which may make you impatient. You are advised to control your short temper. You may spend your hard earned money buying worthless stuff, it may affect your savings. Love birds are advised to avoid discussions on worthless topics, otherwise there might be some break up.

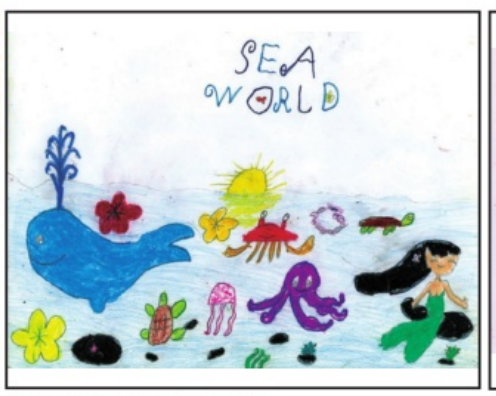
Sagittarius Nov 23 – Dec 22
Today you may meet some influential person, who may help you in the progress of your work. Your network will be strong with the help of that person. You may prepare yourself to implement new ideas into your work or business. You will plan to invest more capital into your business. This may give you financial gains in the near future.

Capricorn Dec 23 – Jan 20
Today your mother's health may be good. You may enjoy your work, you may get rewards after your hard work. Your social respect may be increased now. Overworking your mind may make you tired; due to workload, you may not be able to reach some family event.

Aquarius Jan 21 – Feb 19
Today you may be satisfied at work. You may plan for a short work related trip. You may also visit some religious places to maintain your inner peace. Your gurus may show you the right path, which may give you clarity regarding your goals.

Pisces Feb 20 – Mar 20
Today you may feel dull; it is advised to keep your mind cool, it's a golden rule for you to think twice before any act. You may travel to recover your money, otherwise you may lose it. You are also advised to avoid going for adventure tours. Students are advised to go for in depth study to get success.

KIDZONE



Johanna Annuncia, 8 years, Euro Kids

Arya K, 7 years, Agasthya Vidyanikethan

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
√((120/24·120:6+49−5)/6)!=
√((5·20+49−5)/6)!=
√(100+49−5)/6)!=
√(144/6)!
(12/6) = 2! = 2

QUOTE UNCODE
I'm an idealist. I don't know where I'm going, but I'm on my way.

RIDDLER
1. Easel (5), 2. Tenor (3), 3. Irons (4), 4. Topic (1), 5. Evict (2)

FAST FIVE

R	O	A	S	T
E	M	C	E	E
S	E	R	I	N
A	G	I	S	T
W	A	D	E	S

STRIKE OUT

L	A	D	Y	D	A	Y	■	R	A	B	A	T	■	■
E	■	N	A	Y	■	L	O	L	■	■	■	L	■	■
R	E	O	E	S	■	I	N	D	E	N	T	S	■	■
A	L	T	A	R	S	■	R	A	B	B	I	T	■	■
P	■	R	■	■	T	U	T	■	A	■	■	S	■	■
P	U	R	G	E	■	I	S	U	P	■	■	■	■	■
A	■	E	T	H	O	N	G	■	Q	■	■	Y	■	■
A	B	B	Y	■	L	■	A	E	S	O	P	■	■	■
A	■	I	■	H	I	C	■	■	N	■	■	A	■	■
R	E	T	A	P	E	■	S	N	I	P	E	R	■	■
D	■	■	R	O	R	Q	U	A	L	■	■	E	■	■
H	U	M	A	N	■	G	U	M	B	O	O	T	■	■
Y	■	G	E	■	R	O	Y	■	■	H	■	■	■	■

QUICK

T	R	A	N	S	F	E	R	■	A	R	C	S	■	■
I	■	L	■	E	■	C	■	A	■	E	■	T	■	■
O	B	O	E	S	■	I	N	D	E	N	T	S	■	■
T	■	D	■	O	■	U	■	N	■	N	■	I	■	■
■	E	N	A	M	E	L	■	A	D	I	O	S	■	■
B	■	■	■	S	■	G	■	■	■	O	■	E	■	■
S	I	G	N	E	D	■	K	U	N	G	F	U	■	■
R	■	■	T	■	E	■	■	N	■	■	■	S	■	■
E	A	R	L	S	■	L	E	N	T	I	L	■	■	■
V	I	■	A	■	D	■	O	■	U	■	■	S	■	■
E	■	L	■	C	■	U	■	N	■	S	■	■	■	■
R	E	A	G	H	E	D	■	I	S	S	U	E	■	■
P	U	F	F	■	S	P	O	U	T	I	N	G	■	■

MENSA PUZZLE
D: each segment is moving 45 degrees clockwise at each stage.

BULL'S EYE
gape, gasp, page, past, paste, pate, spat, spate, step, pause, peat, pest, tape, taupe, upset, UPSTAGE

SUDOKU

3	2	9	7	8	6	4	1	5
4	5	6	1	3	2	9	8	7
8	1	7	4	5	9	3	6	2
9	8	3	2	6	4	5	7	1
6	4	5	3	1	7	2	9	8
1	7	2	8	9	5	6	3	4
2	6	1	5	7	3	8	4	9
7	3	4	9	2	8	1	5	6
5	9	8	6	4	1	7	2	3

ALPHA TRIANGLE
V, Ve, Lev, Vole, Glove, Lavage, Voltage.

GO FIGURE
Easy
5 − 8 + 7 + 6 = 10
Medium
6 x 4 + 2 − 5 = 21
Hard
6 − 4 x 7 + 2 = 16

LOOP

KAKURO

7	9	8	1	5		9	7	3
2	4	1	7	9		1	4	2
9	7	6	2	8		3	1	5
		4	1	5		2	3	1
1	3	9		1	8	6	2	4
3	1	2	4		9	8		
4	2	5	3	9	6			
		3	8	4		1	2	9
6	8		9	5	3	2	1	3

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 # Censored Walt Disney Co has cut an episode from the hit cartoon series "The Simpsons" that contains a reference to "forced labour camps" in China from its streaming service in Hong Kong

What's next DP?

Deepika is off to Assam with upcoming film's co-star Hrithik

Deepika Padukone is back to work and the 'Pathaan' actress has left for Assam to shoot for the next schedule of Fighter. Deepika and her co-star Hrithik Roshan were spotted at the airport heading for 'Pathaan' director Siddharth Anand's next film which is reportedly based on a never-seen-before concept of aerial action.

The film will also see Akshay Oberoi who will be working with Deepika Padukone after Piku. A source close to the unit said, "Akshay has begun shooting for the film in Assam and Deepika and Hrithik will be joining the unit soon."

This is the second schedule of the film being held in Assam.

The first schedule, which happened last year, included some high-flying stunts with helicopters, which have been canned to perfection by Siddharth Anand and his team.

In this schedule, the team is expected to shoot more high-octane action and stunts.

The source further added, "Fighter is being shot on a massive scale and the team is putting in a lot of effort for the detailing of the action sequences and shots. In this schedule, Deepika and Hrithik will have their work cut out, but both actors have prepared for their roles and can't wait to get into the thick of the action. Watch out for Hrithik's action sequences, they're going to be a real surprise for the fans."

Siddharth Anand and Hrithik are returning as a team after Bang Bang, which was one of the biggest hits from 2014. **ETimes**

The guests have arrived

Around 17 guests have arrived so far from Siddharth Malhotra's family to attend his wedding to Kiara Advani.

Siddharth came with his father Sunil Malhotra, mother Rima Malhotra, brother Harshad Malhotra and others at around 8 p.m. on February 4. On February 6, his uncle, grandmother, niece, aunt, uncle, cousins and nephew arrived at the wedding. Siddharth's grandmother told media that she is very excited and happy. Delhi boy Siddharth's guest list is longer than Kiara's. It includes his mother's friends as well. These guests have come from Delhi and Punjab.

The couple's common friend Karan Johar was on the list from both sides. Bollywood actress Sonakshi Sinha, film producers Aarti Shetty, Pooja Shetty and many others will attend the wedding. Ten people have come from Kiara's family so far. These include her father Jagdeep Advani, mother Genevieve Advani, Ishaan Advani and grandmother. Her brother Mishal Advani came on Sunday evening. Kiara's guest list at the wedding includes people from Bollywood and business families. The most special is her childhood friend Isha Ambani. Kiara's friend Shahid Kapoor came with his wife Meera and Karan Johar on Sunday morning. Actress Juhi Chawla and her businessman husband Jai Mehta will also attend. **—IANS**

Grammy red carpet hits

The 65th Grammy Awards, held on Sunday in Los Angeles, were all about new beginnings, and hope for the remainder of the year. Let's take a look at the most unforgettable red carpet looks.

Cardi B Cardi B gave us a truly electric queen moment, which her Grammy outfit designer Gaurav Gupta agrees with in his comment on Cardi B's Instagram post.

Doja Cat Doja Cat never fails to amaze her fans with her red carpet looks, after being adorned in 30,000 Swarovski crystals at the Schiaparelli Paris presentation. The rapper wore a Versace leather gown to the Grammy Awards.

Taylor Swift Taylor Swift walked away with a Grammy for Best Music Video for "All Too Well: The Short Film" while dressed in a dark blue sequined gown.

Jennifer Lopez Meet the Queen of Hollywood Jennifer Lopez at the 65th Annual GRAMMY Awards in a handmade Gucci gown with draping crystals.

Beyonce Beyonce arrived on the Grammy red carpet wearing a handmade Gucci outfit. Gucci's official Instagram page posted her photo with the comment: "She made history at the 65th Annual GRAMMY Awards with the record for most Grammy victories. During the evening's event, she won Best Dance/Electronic Recording, Best Traditional R&B Performance, Best R&B Song, and Best Dance/Electronic Music Album and was nominated for Record Of The Year, Album Of The Year, Song Of The Year, Best R&B Performance, and Best Song Written For Visual Media." **—IANS**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Feather in the cap

Debutante producer Ullas Gowda is elated after his maiden movie Nirmala bagged the Best Children's Film award at the Bangkok Film Festival.

"The movie is about cleanliness in public places with a focus on the menace of open defecation in small cities and rural areas," said Ullas Gowda, the son of Karnataka Film Chamber of Commerce president Ba Ma Harish.

Ullas owns Ullas School of Cinemas at Vijayanagar. "I opened the school seven years ago. The movie is directed by a 14-year-old student. Except production manager and cinematographer, other cast and crew are below 16 years of age," said Ullas. He said participants at the Bangkok film fest were in awe when told that kids had managed makeup, editing, music, direction for the film.

Respecting seniors

Usually movie producers may not give much importance to senior character artistes as their focus is only on the hero, heroine, and villain. However, debutante producers Zakirhushen Kareem Khan, a Dubai-based NRI, and his wife Gulzar want to be different from other movie producers. They have bankrolled Kannada movie Bengaluru 69 for which, they felicitated senior character artistes M S Umesh, Bengaluru Nagesh, Honnavalli Krishna, Shailasree and Jayalakshmi Patil.

"I love Kannada. My wife and I have bankrolled this movie as our contribution to the Kannada language. I want our movie Bengaluru 69 to reach audiences in all regions. I had a desire to felicitate senior actors. I realised it today," said Zakirhushen.

The other specialty of Bengaluru 69 is the introduction of Garciela Pischner, a European model, to Sandalwood. "Garciela has acted in a special song for this movie. Latin American choreographer Anubis and South African technicians have worked for this song. American costume designers have designed Garciela's costumes. The song was picturised at multiple locations in the United Arab Emirates," said Zakirhushen.